

## Abstract

Title: Methodical progress at diving on touch.

Aim of work: To construct a complex educational mock - up training tinge diving with a view to individual discipline with main and of principle safety element at diving on touch and physiological changes at draught.

Methods: From accessible wells organize information of methodics training tinge diving.

Findings: Result of that work is formed complex totality information that it is possible apply for self training tinge diving.

Keywords: Diving on touch, freediving, hypoxia, hypocapnia, hypothermia, barotrauma, flix - yard, diving reflex.